

## CLAIMS

### WHAT IS CLAIMED IS:

1. An exercise device, comprising:

a hand-gripping member,

said hand-gripping member being positioned generally above a user's head when the user lies on his back, said hand gripping member further being capable of side-to-side motion, front-to-back motion, diagonal motion, rotational motion, or a combination thereof, relative to the user, said motion being substantially confined to a plane parallel to a surface on which the device is supported.

2. The device of Claim 1 wherein the user exercises by moving his upper body from a first position to a second position, the user's arms being kept extended while gripping the hand-gripping member, wherein

in said second position the user's upper body is raised relative to said first position.

3. The device of Claim 1 wherein the user exercises by moving his upper body in a side-to-side motion, front-to-back motion, diagonal motion, rotational motion, or a combination thereof, the user's arms being kept extended while gripping the hand-gripping member.

2 4. The device of Claim 1, further comprising a frame for supporting said hand-  
gripping member.

2 5. The device of Claim 4, further comprising:  
at least one guiding member supported on said frame, and  
4 a slidable member slidably coupled to said guiding member, wherein  
said hand-gripping member is coupled to said slidable member.

2 6. The device of Claim 5 wherein said guiding member comprises a bar.

2 7. The device of Claim 5 wherein said slidable member and said guiding member  
comprise smooth surfaces for enabling the slidable member to slide on said guiding  
4 member.

2 8. The device of Claim 5 wherein said slidable member comprises at least one  
wheel for enabling the slidable member to slide on said guiding member.

2 9. The device of Claim 5 wherein said hand-gripping member comprises:  
a chain attached to said slidable member, and  
4 handles, coupled to said chain.

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10. The device of Claim 5 wherein said guiding member is movably coupled to said frame.

11. The device of Claim 10 wherein said guiding member is coupled to said frame via a pivot attachment, ball attachment, or spring attachment.

12. The device of Claim 5, including:

a central guiding member, and

left and right semi-circular guiding members, oriented to form a continuous circle, said central guiding member forming a diameter segment through said circle formed by left and right guiding members, and

three slidable members, each being slidably coupled to one of said guiding members.

13. The device of Claim 5, including:

left and right guiding members oriented to form a "V" shape with respect to each other,

two slidable members, each being slidably coupled to one of said guiding members, wherein

said hand-gripping member comprises a pair of handles, each handle of said pair being coupled to one of said guiding members.

2 14. The device of Claim 4, further comprising:

first and second guiding members oppositely mounted on said frame, and  
4 a third guiding member slidably mounted on said first and second guiding  
members and having opposite first and second ends supported on said first and second  
6 guiding members respectively, wherein

said hand-gripping member is slidably mounted on said third guiding member.

2 15. The device of Claim 14 wherein said third guiding member is made slidable on  
said first and second guiding members by providing said first and second ends of said  
4 third guiding member with a plurality of wheels coupled thereto, or smooth surfaces.

2 16. The device of Claim 14 wherein said hand-gripping member is made slidable on  
said third guiding member by providing said third guiding member with at least one  
4 wheel rotatively coupled to said third guiding member or by providing said third  
guiding member with a smooth surface.

2 17. The device of Claim 4 wherein said frame is foldable such that the device can be  
compacted when not in use.

2 18. The device of Claim 1, said hand-gripping member comprising handles which  
are gripped by the user while exercising, wherein the distance of the handles from said  
4 first surface is adjustable.

2 19. The device of Claim 1, further comprising resistance elements for providing  
resistance to said motion.

2 20. An exercise device, comprising:

a frame, and

4 a movable hand-gripping member mounted on said frame,

6 said hand-gripping member being positioned generally above a user's  
head when the user exercises on the device, said hand gripping member further  
8 being capable of side-to-side motion, front-to-back motion, diagonal motion,  
rotational motion, or a combination thereof, relative to the user, while the frame  
remains stationary, wherein

10 the user exercises by moving his upper body in a side-to-side motion,  
front-to-back motion, diagonal motion, rotational motion, or a combination  
12 thereof, the user's arms being kept extended while gripping the hand-gripping  
member.

21. The device of claim 20 wherein said hand-gripping member is mounted to said frame via a slidable, spring, pivot, ball, or pendulum attachment, or combination thereof.

22. The device of Claim 20, further comprising:  
at least one guiding member supported on said frame, and  
a slidable member slidably coupled to said guiding member, wherein  
said hand-gripping member is coupled to said slidable member.

23. The device of Claim 22 wherein said guiding member is movably coupled to said frame.

24. The device of Claim 23 wherein said guiding member is coupled to said frame via a pivot attachment, ball attachment, or spring attachment.

25. The device of Claim 20, further comprising:  
first and second guiding members oppositely mounted on said frame, and  
a third guiding member slidably mounted on said first and second guiding members, and having opposite first and second ends supported on said first and second guiding members respectively, wherein  
said hand-gripping member is slidably mounted on said third guiding member.

2 26. A method of exercise for a person comprising:

laying on a substantially flat surface,

4 gripping handles positioned above the person's head, said handles being  
mounted on a stationary frame, said handles further being capable of front-to-back,  
6 side-to-side, diagonal, circular, or semi-circular motion, or a combination thereof, and

moving the upper body according to a pattern comprising front-to-back, side-to-  
8 side, diagonal, circular, or semi-circular motion, or a combination thereof, while  
keeping the arms extended.

27. The method of Claim 26 wherein the arms are kept extended at substantially the  
same length while exercising.

28. The method of Claim 26 wherein said motion of said gripping handles is  
substantially confined to a plane parallel to said surface.

2 29. An exercise device, comprising:

support means, and

4 hand-gripping means mounted on said support means,

said hand-gripping member being positioned generally above a user's  
6 head when the user lies on his back, said hand gripping member further

comprising means form movement including side-to-side, front-to-back,  
diagonal, or rotational movement, or a combination thereof, relative to the user,

wherein the user exercises by moving his upper body in a side-to-side  
motion, front-to-back motion, diagonal motion, rotational motion, or a  
combination thereof, the user's arms being kept extended while gripping the  
hand-gripping member.

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